

Okinawa Budo Kai



OKINAWA BUDO NEWS

INSIDE THIS ISSUE:

<i>The Makiwara</i>	1
<i>"Matta Ne" Party</i>	1
<i>Kobudo Promotions</i>	2
<i>Isshinryu Kata Bunkai</i>	2
<i>Okinawa Culture</i>	3
<i>Okinawa Karate</i>	3 & 4

Special points of interest:

- May 19, 2007
OBK Kobudo Demo at the *John Volante Memorial Kid's Tournament* to benefit children's AIDS - Warren, MI.
- Training & Indian Pow-Wow at the Heart to Heart Dojo of Sensei Tom Lewis June 15-18, 2007 Cody, Wyoming
- July 20-22, 2007 Sensei A.J. Advincula Knife Fighting Seminars Okinawa Budo Kai Details TBA

THE MAKIWARA & IKKEN HISSATSU PART I

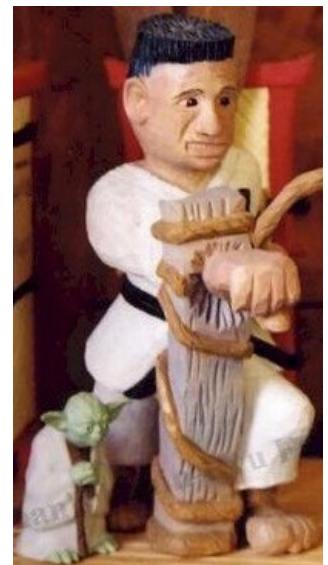
"Ikken Hissatsu", one blow, one kill. While this term seems to be extreme, it gives the martial arts practitioner an important principle in the defensive fighting arts of Okinawa. Not sport fighting, but actual defense of one self or others where it counts, on the street. A "trained" martial artist should have the ability to strike within the boundaries of the two extremes. Those extremes are, not striking out at all and at the other end, striking with such force and accuracy as to put an attacker in the graveyard. Most confrontations occur somewhere in between and the law only allows you to use as much force as is necessary to stop the attacker. But, one should always train to the extreme part of the spectrum so the ability is there if needed.

One of the best tools to train to the extreme is the makiwara. The makiwara is an important training tool for every dojo. Shimabuku Tatsuo Sensei told his students that "the makiwara

will teach you how to punch." Such a simple statement but so true. The makiwara is not forgiving. If your knuckles aren't aligned right, it will tell you. If your block, kick or strike is not executed with proper form and focus, you'll know. How you ask? From the pain that will flow through your body because of poor technique. This is why the makiwara should only be trained under the guidance of a qualified teacher.

The makiwara is not used to develop unsightly knuckles or striking surfaces, although this may occur with frequent use. The martial arts are for health most importantly, not to tear the body down and cause injury. In the days when Okinawa martial arts were forced underground, practitioners did not want outward signs of training on their bodies. This might bring them unwanted attention, good and bad. The makiwara is used to build concussion power from the inside out. It's used to

strengthen such things as the body's joints, sinews, bones and muscles to deliver a powerful strike and also to condition the body to receive the reaction from such strikes.



SENSEI CAROL WOMACK'S "MATTA NE" (SEE YOU SOON) PARTY

OBK's Sensei Carol Womack moved back to her home state of Texas in February. Carol, who has a Master of Fine Arts degree, is an artist and College/University level Art Teacher. She has landed a good job teaching art at a University near Dallas. Carol will also

continue her graphic arts business, *Akabusa Visual Concepts*. She will definitely be missed at the dojo. Fortunately for us, Carol plans on returning to Michigan on a regular basis for visits and training. She has also talked about starting a Texas branch

of the Okinawa Budo Kai! Her "Matta Ne" party was attended by OBK students and "tomo dachis" (good friends) from other area dojos. Carol will still be available at her personal e-mail address:

Akabusa@cs.com



OKINAWA BUDO KAI RYUKYU KOBUDO PROMOTIONS

On March 3, 2007 the Okinawa Budo Kai held Sho Dan promotions in RyuKyu Kobudo. The candidates were tested in Bo basics, KumiBo, Bo Kata & bunkai, Eku Kata, Sai Kata & tekitai, Tuifa Kata, Tanbo Kata & bunkai, Nunchaku Kata, Tekko Kata & bunkai and Kama. The candidates did an excellent job !

All also hold Dan grade rank in Isshinryu Karate. They are now awaiting additional rank certificates from Okinawa

endorsed by *Iha Kotaro Sensei, 9th Dan* of Ryu Kon Kai Kobudo

Congratulations !

- Mike Byrd - ShoDan*
- Phil Angelella - ShoDan*
- Paul Coleman - ShoDan*
- Dick Gassen - ShoDan*



**Okinawa Budo Kai
RyuKyu Kobudo ShoDan Promotion
March 3, 2007**



ISSHINRYU KATA BUNKAI

Bunkai is a word commonly used in Okinawa martial arts that refers to the application of technique. Bunkai in the Isshinryu kata is done within the enbusen or pattern of the kata. Other styles commonly take sections out of their kata to drill as a two person set. Performing the kata with multiple opponents surrounding the practitioner is very unique to Isshinryu. Practicing the bunkai in this manner has several advantages.

First of all it's a great teaching tool. Teaching the bunkai within the enbusen shortly after teaching a student parts of the kata, paints that picture in their minds and accelerates learning.

The second thing is that it's good for teaching the basics. Basic movements, stance, centering and conditioning. The more comfortable a student gets with the kata and bunkai, more speed and power should be added to the

practice. With heavy body contact comes physical body conditioning, cardiovascular conditioning and stance conditioning. The stance conditioning is a very important aspect of this type of bunkai training. When the kata performer is banged hard by their opponent, they can feel if their stance and block is set properly or needs adjustment. When the performer finds their "groove" all that is needed then is repetition.



Kata Bunkai

ISSHINRYU KATA BUNKAI (CONTINUED)

The katas are filled with techniques for balance displacement. Balance displacement of the opponent within the kata must be performed with the practitioners proper balance and stance or it will not work properly. Kata enbusen bunkai shows the kata performer how this is done .

While performing the kata and bunkai within the enbusen, one starts to realize the similarities of important techniques that have been implanted within several kata. For instance, in Seisan the beginning "punch/block" movements are seen again in the very beginning of

Kusanku but utilizing a zenkutsu dachi, then again in the very beginning of Sunnusu but in a two arm guard instead of one. The open hand hooking block introduced in Seisan is again found in Seiunchin but from a different stance and again in Naifanchi utilizing even another change of stance. After noticing these repetitive movements while doing bunkai, it became obvious that the kata originators and Shimabuku Tatsuo Sensei must have felt these to be very important techniques.

One also realizes in this style of bunkai that many series of techniques

in kata are for shoulder type grabs from the side and rear. When one changes direction and counter attacks without blocking, the attack is not a punch or strike. At these points in kata many Isshinryu practitioners add blocks. We are not authorized to change the kata. Don't add movement in the kata to justify YOUR bunkai. Analyze the possible applications to fit the kata. This is what I call the "Kata Talks To You".

Kata enbusen bunkai teaches many important things and lets the practitioner see things within the kata that one may not normally see.



Uchaya Udun

Uchaya Udun is a detached tea villa that belonged to the royal family of Okinawa. It is located near the present Sakiyama-cho in Shuri, Naha City. Chinese Ambassador Oshu, a Sapposhi that came to Ryukyu in 1683, wrote in his "Ambassador's Miscellanies on Ryukyu" that "Sakiyama is located to the east of the Keisei gate of Shuri Castle in the best scenic spot in Chuzan" (Central Okinawa). It was also called Azuma-en or

Azuma Park. Uchaya Udun was used for banquets to entertain ambassadors. It is recorded that in 1867, the entertaining program of the banquet for the ambassador that came for the enthronement of the last king of the Ryukyu Kingdom, King Sho Tai, included demonstrations of karate and kobudo. It is also said that Bushi Matsumura gave martial arts training at Uchaya Udun.

The building was

destroyed during the Battle of Okinawa, and today, only a quietly standing board tells about the former existence of this Ryukyuan scenic spot.

<http://www.okinawa-karate.jp/>



Kanryo Higaonna Sensei - Naha Te

Kanryo Higaonna Sensei (1853-1917) was born the 4th son of Kanyo and Tsuru in the Nishi district of Naha. At the age of 20, he traveled to the Fukien region of China where he studied Nanpa Shaolin Kenjyutsu Hakutsuru Ken (Southern Shaolin Fist

Technique White Crane Fist) for 15 years. In 1889, he opened a Karate dojo in Naha. This is the oldest known Karate dojo. Nahate is based on Higaonna Sensei's own studies of White Crane Fist. Upon his return from China it became

known as a "Te" technique that spread mostly in the Naha region.

<http://www.okinawa-karate.jp/>



Higashionna Kanryo (Center)

Makabe Choken Sensei

Born around 1760 in Shuri, Okinawa, Choken Makabe was also known as Makabe Chan. He was famous for his tobi-geri or jumping front kick. It is said that Makabe once jump-kicked the cross beam of his house that was 4 meters high, leaving a footprint! Coming from a family of

wealth and position, Choken was well educated in Teshimi Gakumun which means the martial arts, and the scholarly pursuits. He became very muscular but agile from his training. Choken often used the near-by mountains to strengthen his skills. His karate

teacher is unknown but some say it was the famous bushi, Matsumura Sokon.



Okinawa Budo Kai

33606 Seven Mile Rd.
Livonia, MI. 48152
Phone: 800-963-BUDO

We're On the Web!
www.okinawabudokai.org

*"We bring Okinawa
to our students."*

温
故
知
新

On Ko Chi Shin
*"Follow the old ways to
understand the new."*



Kosaku Matsumora Sensei

Kosaku Matsumora (1829-1898) was born in Tomari Village, Okinawa. This wise Master, with much natural martial talent and a small, healthy body which he used most effectively, started studying at a young age under Masters Karyuu Uku and Kishin Teruya of the Tomari-te style and later distinguished himself as a true "bujin" or master. Full of chivalrous spirit, he managed to subdue a samurai of the Satsuma clan who drew his sword and violently abused the citizens of Tomari. Fearing the consequences of what he had done, he took refuge for a time in Nago Village.

In Tomari Village, there was a fund that was donated by Choken Yamazato, who was appointed a civil official after passing the royal government examination. This fund was separate from the funds traditionally given by the Ryukyu Government. At the time of the abolition of the Clans and the establishment of the Prefectures in 1879, the Japanese government officials planned to take the entire fund away, however they abandoned that plan due to the strong spirit shown by Master Kosaku Matsumora from outside Tomari, when he risked his life to defeat them. That fund is even now used as a fund for the Tomari Senkaku Kenshokai (Tomari Wise Men Honoring Association). We will forever remember the name of Kensei (fist saint), Matsumora, who carried through his moral principle in crushing evil and spreading the truth.

<http://www.okinawa-karate.jp>

Facts on Karate in Okinawa

On October 25, 1936, grand masters of that time met at the "Showa Kaikan (Hall)" in the Asahi district of Naha City. At the meeting, they decided that karate would be written with nowadays characters for open hand. The masters at the meeting were:

**Genwa Nakasone,
Choshin Chibana,
Choryo Maeshiro,
Shimpan Shiroma,
Chojun Miyagi,
Chomo Hanashiro,
Kentsu Yabu,
Chotoku Kyan**

Today, in Okinawa, there are 9 Intangible Cultural Asset holders in the Field of Okinawan Karate and

Kobudo recognized by the Okinawa Prefectural Government. Also, within the Okinawa Prefecture, there is approximately 432 dojos where karate and kobudo are taught.

Following is an estimation of dojos according to style in the birthplace of karate, Okinawa:

178 dojos of Shuri style (Shorin ryu, etc)
93 dojos of Naha style (Goju ryu, etc)
63 dojos of Uechi ryu
27 dojos of Kobudo
71 dojos teaching other styles

<http://www.okinawa-karate.jp>



October 25, 1936



Showa Kaikan